Appl. Serial No.: 10/691,866 Amendment dated January 21, 2005 Reply to Office action of July 21, 2004

## Amendments to the Specification

Please add the following new paragraph on page 1, after the Title:

## -- Cross-Reference to Related Applications

[00.5] This application is a continuation application of copending U.S. Patent Application Serial Number 09/837,827, entitled EFFICIENT DIGITAL METHOD OF AND SYSTEM FOR DETERMINING THE INSTANTANEOUS PHASE AND AMPLITUDE OF A VIBRATORY ACCELEROMETER AND OTHER SENSORS, filed on April 18, 2001,--